ROCKVILLE SWIM AND FITNESS CENTER

2009 Recreational Swim Schedule

INDOOR POOLS

| Tuesday $6:00 - 8:20 \text{ am}$ $11:00 - 4:30 \text{ pm}$ $6:00 - 9:00 \text{ pm}$ $7:30 - 9:30 \text{ am}$ $12:00 - 2:00 \text{ pm}$ Wednesday $6:00 - 8:20 \text{ am}$ $11:00 - 2:00 \text{ pm}$ $5:00 - 9:00 \text{ pm}$ $7:30 - 9:00 \text{ am}$ $12:00 - 3:00 \text{ pm}$ Thursday $6:00 - 8:20 \text{ am}$ $11:00 - 4:30 \text{ pm}$ $6:00 - 9:00 \text{ pm}$ $7:30 - 10:00 \text{ am}$ $12:00 - 2:00 \text{ pm}$ Friday $6:00 - 8:20 \text{ am}$ $11:00 - 3:30 \text{ pm}$ $5:00 - 9:00 \text{ pm}$ $7:30 - 9:00 \text{ am}$ $12:00 - 2:00 \text{ pm}$ Saturday $6:00 - 7:30 \text{ am}$ $12:00 - 9:00 \text{ pm}$ $11:00 - 4:00 \text{ pm}$ Sunday $11:00 - 9:00 \text{ pm}$ $1:00 - 9:00 \text{ pm}$ $1:00 - 4:00 \text{ pm}$ | Monday | North Pool 6:00 – 8:20 am 11:00 – 2:00 pm 5:00 – 9:00 pm | South Pool 7:30 – 9:00 am 12:00 – 3:00 pm |
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| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | Tuesday | 11:00 – 4:30 pm | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | Wednesday | 11:00 – 2:00 pm | |
| $\begin{array}{cccccccccccccccccccccccccccccccccccc$ | Thursday | 11:00 – 4:30 pm | |
| 12:00 – 9:00 pm 11:00 – 9:00 pm ramp closed until 1:00 – 4:00 pm | Friday | 11:00 – 3:30 pm | |
| ramp closed until | Saturday | | 11:00 – 4:00 pm |
| | Sunday | ramp closed until | 1:00 – 4:00 pm |

Exercise Rooms, Saunas, and Spa Hours

Monday through Saturday: 6:00 a.m. – 9:00 p.m. Sunday: 9:00 a.m. – 9:00 p.m.

Please note: The spa is closed to all children (17 and Under) during swimming lessons.

Rockville Swim and Fitness Center

355 Martins Lane Rockville, MD 20850 (240) 314-8750